

**Cape Atlantic League Championships - 2/4/2010
Results**

Event 1 Girls 200 SC Meter Medley Relay

Meet Record: 2:03.10 ! 2006 Vineland
State Qualif: 2:10.32 \$

Team	Relay	Seed Time	Finals Time
1 atlantic city high school 33.58 35.20 30.20 27.96	A	2:07.75	2:06.94 \$
2 Vhs Swimming and Diving 33.42 35.05 30.79 28.06	A	2:08.18	2:07.32 \$
3 Wildwood Catholic High Sch 31.68 35.30 33.66 29.19	A	2:11.83	2:09.83 \$
4 Egg Harbor Township High S 33.64 35.97 31.49 28.78	A	2:07.95	2:09.88 \$
5 ocean city high school 34.93 35.10 31.39 29.20	A	2:10.39	2:10.62
6 Oakcrest 35.44 39.86 32.24 30.35	A	2:16.70	2:17.89
7 Holy Spirit 34.74 41.44 33.93 32.20	A	2:10.53	2:22.31
8 Our Lady of Mercy Acadmey 33.84 15:52.47	A	2:28.66	2:22.40
9 Absegami Swimming & Divir 51.92 15:13.22	A	2:27.65	2:26.32
10 Middle 2009-2010-NJ 37.84 15:38.71	A	2:26.20	2:28.91
11 Millville High School 1:01.81 5:22.50 9:37.52	A	2:32.35	2:29.04
12 Sacred Heart High School-NJ 38.93 46.67 34.93 31.99	A	2:15.82	2:32.52
--- Mainland Regional High Schc 47.62 15:27.09	A	2:17.73	DQ

Event 2 Boys 200 SC Meter Medley Relay

Meet Record: 1:49.11 ! 2007 St. Augustine
State Qualif: 1:56.42 \$

Team	Relay	Seed Time	Finals Time
1 St. Augustine Prep 29.17 33.01 26.36 24.39	A	1:51.56	1:52.93 \$
2 Mainland Regional High Schc 30.13 30.94 28.18 24.37	A	1:54.54	1:53.62 \$
3 ocean city high school 31.30 34.05 31.21 26.25	A	2:03.80	2:02.81
4 Holy Spirit 29.64 27.07	A	2:02.00	2:03.17
5 Cape May Technical High Scl 32.42 34.64 29.39 27.34	A	2:06.10	2:03.79
6 Absegami Swimming & Divir 31.39 36.37 29.54 27.32	A	2:01.09	2:04.62
7 Vhs Swimming and Diving 32.75 33.63 32.01 27.02	A	2:10.00	2:05.41
8 Oakcrest 30.97 34.96 33.41 27.44	A	2:05.78	2:06.78
9 atlantic city high school 34.89 33.82 30.37 28.32	A	1:57.32	2:07.40

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(Event 2 Boys 200 SC Meter Medley Relay)

Team	Relay	Seed Time	Finals Time
10 Millville High School 34.37 38.77 27.24 28.02	A	2:09.30	2:08.40
11 Hammonton High School-NJ 31.63 37.54 32.35 29.67	A	2:37.23	2:11.19
12 Sacred Heart High School-NJ 35.69 36.48 32.56 29.25	A	2:13.50	2:13.98
13 Middle 2009-2010-NJ 34.87 40.20 32.43 28.62	A	2:14.92	2:16.12
--- Wildwood Catholic High Sch	A	2:12.78	SCR

Event 3 Girls 200 SC Meter Freestyle

Meet Record: **2:05.22 ! 2007** Joanna Thomas

State Qualif: **2:13.21 \$**

Meet Qualifying: **2:28.00**

Name	Yr School	Seed Time	Finals Time
1 Morrison, Laura 30.98 32.93 33.42 33.51	JR Holy Spirit	2:11.90	2:10.84\$
2 Gondolf, Molly 30.91 33.13 33.81 34.23	SR Oakcrest	2:12.84	2:12.08\$
3 Adams, Katie 31.10 33.23 34.40 34.21	SO Mainland Regional High School	2:13.64	2:12.94\$
4 Walz, Alaura 30.83 33.90 34.37 34.03	SO Oakcrest	2:14.56	2:13.13\$
5 Voso, Keanna 31.65 34.50 35.20 35.26	SR atlantic city high school	2:14.57	2:16.61
6 Wilezol, Melanie 31.94 35.21 36.30 34.32	ocean city high school	2:19.61	2:17.77
7 Boswell, Susan 32.77 34.58 35.62 34.86	SO Wildwood Catholic High School	2:18.47	2:17.83
8 Abbamondi, Leah 31.93 34.91 35.84 35.48	JR atlantic city high school	2:15.40	2:18.16
9 Bassford, Julie 31.74 34.67 35.73 36.50	SR Holy Spirit	2:16.24	2:18.64
10 Voso, Dominique 32.22 35.47 36.12 34.84	FR atlantic city high school	2:20.39	2:18.65
11 Leonelli, Sara 31.74 35.47 36.43 35.98	SR Vhs Swimming and Diving	2:20.33	2:19.62
12 Simone, Rachel 32.83 36.31 36.60 37.42	SO Vhs Swimming and Diving	2:25.98	2:23.16
13 Ingersoll, Marianne 32.88 36.13 37.54 37.45	FR Egg Harbor Township High Schoo	2:23.46	2:24.00
14 Novatorskaya, Anastasiya 33.41 36.48 37.37 37.04	JR Vhs Swimming and Diving	2:23.95	2:24.30
15 Woods, Kaela 33.90 36.41 37.35 37.19	SO Egg Harbor Township High Schoo	2:19.11	2:24.85
16 Merrill, Casey 33.05 36.82 38.35 37.64	ocean city high school	2:27.22	2:25.86
17 Roze, Ashlyn 33.52 37.64 39.08 38.00	ocean city high school	2:27.66	2:28.24
18 Tighe, Michaela 34.30 37.95 39.17 37.04	FR Mainland Regional High School	2:27.72	2:28.46
19 Leonelli, Katie 33.62 37.11 38.91 39.08	SR Vhs Swimming and Diving	2:27.41	2:28.72

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(Event 3 Girls 200 SC Meter Freestyle)

Name	Yr	School	Seed Time	Finals Time
20 Miswicz, Lexi 33.65 38.57 39.53 36.99	JR	Sacred Heart High School-NJ	2:28.00	2:28.74
21 Juzwiak, Ashley 33.50 37.68 40.24 39.20	FR	Oakcrest	2:20.07	2:30.62
--- Bergen, Emily	FR	Mainland Regional High School	NT	SCR
--- Tighe, Colleen	SR	Mainland Regional High School	2:16.42	SCR

Event 4 Boys 200 SC Meter Freestyle

Meet Record: 1:54.95 ! 2008 Trubachi Downey

State Qualif: 2:01.85 \$

Meet Qualifying: 2:14.00

Name	Yr	School	Seed Time	Finals Time
1 Melchiorre, Steve 27.92 30.03 30.20 30.87	SR	St. Augustine Prep	1:57.45	1:59.02 \$
2 Cervini, Troy 27.60 30.53 31.85 30.64	JR	Vhs Swimming and Diving	2:06.52	2:00.62 \$
3 Flynn, Patrick 28.18 30.86 31.53 30.68	FR	St. Augustine Prep	1:59.48	2:01.25 \$
4 Rau, Tyler 27.33 30.05 31.77 32.22	SR	atlantic city high school	2:01.50	2:01.37 \$
5 Stewart, Nick 27.36 30.47 32.63 33.48	JR	Holy Spirit	2:05.82	2:03.94
6 Ruberti, Michael 28.33 31.73 32.60 32.23	FR	Vhs Swimming and Diving	2:07.51	2:04.89
7 Pino, Frank 29.30 31.80 31.82 32.60	SR	St. Augustine Prep	2:12.42	2:05.52
8 Advena, Kieran 29.46 33.22 34.77 34.46	JR	Holy Spirit	2:11.29	2:11.91
9 Miller, Logan 28.88 33.52 35.33 34.71	SR	Egg Harbor Township High Schoo	2:11.48	2:12.44
10 Sulzer, Kyle 30.09 33.88 34.87 33.73	JR	Mainland Regional High School	2:12.62	2:12.57
11 Everson, Kyle 29.34 33.11 35.23 35.28		ocean city high school	2:09.34	2:12.96
12 Sedberry, Nick 30.55 33.67 34.88 34.13		ocean city high school	2:12.84	2:13.23
13 Hewitt, Cole 29.47 33.21 36.09 35.93	SR	St. Augustine Prep	2:11.18	2:14.70
14 Nickels, Michael 29.90 33.43 35.34 36.13	SR	St. Augustine Prep	2:13.01	2:14.80
15 Filemban, Junior 30.56 34.25 35.66 34.66	SO	Mainland Regional High School	2:13.00	2:15.13

Event 5 Girls 200 SC Meter IM

Meet Record: 2:21.76 ! 2008 Mackenzie Howarth

State Qualif: 2:30.67 \$

Meet Qualifying: 2:47.00

Name	Yr	School	Seed Time	Finals Time
1 Callahan, Colleen 31.89 37.92 39.50 34.37	FR	atlantic city high school	2:22.69	2:23.68 \$
2 Curry, Erin 32.49 36.98 42.93 34.60	JR	Mainland Regional High School	2:25.63	2:27.00 \$

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(Event 5 Girls 200 SC Meter IM)

Name	Yr	School	Seed Time	Finals Time
3 Carastro, Lauren 32.58 39.72 42.22	JR	Vhs Swimming and Diving	2:30.78	2:28.59\$
4 Day, Lauren 33.39 38.63 42.24	JR	Oakcrest	2:26.97	2:29.58\$
5 Howarth, Shannon 35.02 39.26 41.94	SO	Egg Harbor Township High Schoo	2:30.05	2:32.61
6 Christian, Rosemary 35.14 40.69 42.28	SR	atlantic city high school	2:31.78	2:34.41
7 McCarthy, Kelly 32.99 40.15 47.45		ocean city high school	2:29.52	2:35.36
8 Middleton, Courtney 33.51 39.33 48.09	FR	Vhs Swimming and Diving	2:39.44	2:36.65
9 Wolf, Kristina 34.77 41.08 48.39	SR	Holy Spirit	2:40.02	2:41.55
10 Mittelman, Jane 36.54 43.83 46.16	SR	Mainland Regional High School	2:39.52	2:42.90
11 Alavarez, Elva 35.47 41.49 47.90	FR	atlantic city high school	2:40.93	2:42.95
12 Hu, Sally 35.16 42.09 46.90	SO	Oakcrest	2:45.43	2:43.73
13 Deng, Ying 35.45 42.23 46.97	SR	Absegami Swimming & Diving	2:45.50	2:44.99
14 Brady, Chrissy 38.50 43.23 46.85		ocean city high school	2:46.41	2:48.97
15 Bischoff, Tory 34.47 43.67 51.28	JR	Wildwood Catholic High School	2:46.57	2:48.99
16 Lederer, Grace 37.60 42.36 54.21	FR	Wildwood Catholic High School	2:44.66	2:54.71
--- Borrone, Kristen	SO	Holy Spirit	2:39.69	SCR
--- Gross, Madison	FR	Egg Harbor Township High Schoo	2:41.63	SCR

Event 6 Boys 200 SC Meter IM

Meet Record: 2:07.39 ! 2007 Mike Joyce

State Qualif: 2:17.11 \$

Meet Qualifying: 2:32.00

Name	Yr	School	Seed Time	Finals Time
1 Ballance, Bobby 28.03 33.17 40.02	SR	Egg Harbor Township High School	2:16.19	2:13.45\$
2 Schieder, George 29.47 35.85 40.71	FR	Oakcrest	2:16.99	2:17.58
3 Wiesel, Phil 30.36 37.37 38.45	SR	Mainland Regional High School	2:16.94	2:19.11
4 McClintock, Christopher 31.66 36.14 39.55		Mainland Regional High School	2:21.38	2:20.81
5 Cox, Anthony 29.99 38.00 39.13	SO	atlantic city high school	2:19.98	2:20.87
6 Kosten, Ian 30.34 35.68 44.85	SR	Holy Spirit	2:21.50	2:24.03
7 Buzby, Steven 32.20 37.18 43.33	FR	Mainland Regional High School	2:26.30	2:24.58
8 Palermo, Nick 30.48 37.77 43.68	JR	Absegami Swimming & Diving	2:22.47	2:24.60

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(Event 6 Boys 200 SC Meter IM)

Name	Yr	School	Seed Time	Finals Time
9 Mele, Rob 29.13 36.37 44.46	SR	St. Augustine Prep 35.24	2:18.04	2:25.20
10 Brennan, John 30.50 36.08 45.79	SO	Mainland Regional High School 34.99	2:25.72	2:27.36
11 Newnam, Sam 31.91 37.34 45.62		St. Augustine Prep 33.86	2:29.44	2:28.73
12 Bowman, Edward 29.86 38.44 45.52	SR	St. Augustine Prep 35.48	2:31.67	2:29.30
13 Merrill, Tyler 34.16 37.66 44.53		ocean city high school 34.45	2:30.39	2:30.80
14 Nickels, Kevin 32.16 40.56 44.61	SR	St. Augustine Prep 35.70	2:31.81	2:33.03
15 Rau, Carson 34.02 39.17 44.92	FR	atlantic city high school 36.04	2:31.55	2:34.15
--- Tubb, Shane	SR	St. Augustine Prep	2:28.22	SCR
--- Sutherland, Andrew	SR	Holy Spirit	2:31.78	SCR

Event 7 Girls 50 SC Meter Freestyle

Meet Record: 26.86 ! 2002 Emily Bateman
State Qualif: 28.25 \$

Meet Qualifying: 29.99

Name	Yr	School	Seed Time	Finals Time
1 Wuko, Rachel	SO	Wildwood Catholic High School	27.28	27.69\$
2 Toy, Melissa	FR	atlantic city high school	28.44	28.24\$
3 Cox, Ayana	FR	atlantic city high school	28.36	28.77
4 Donahue, Kelsie	SR	Egg Harbor Township High Schoo	29.33	29.41
5 Williams, Andrea	SR	Holy Spirit	28.69	29.50
6 Obrien, Rachael	JR	atlantic city high school	29.36	29.60
7 Smith, Janay	FR	Buena Regional High School	29.75	29.85
8 Styer, Lee		ocean city high school	29.87	30.13
9 Anderson, Bria	SR	atlantic city high school	29.89	30.38
10 Elmer, Emma	JR	Mainland Regional High School	29.96	30.56
11 Wray, Carley		ocean city high school	29.87	30.63
12 Melchiorre, Christina	FR	Our Lady of Mercy Acadmey	29.99	30.76
--- Hauck, Stephanie	SR	Egg Harbor Township High Schoo	28.32	DQ

Event 8 Boys 50 SC Meter Freestyle

Meet Record: 24.08 ! 2009 Mike Oliva
State Qualif: 25.26 \$

Meet Qualifying: 26.80

Name	Yr	School	Seed Time	Finals Time
1 Gallagher, Paul	SR	St. Augustine Prep	24.39	24.38\$
2 Capriotti, Jerry	SR	Vhs Swimming and Diving	24.96	24.51\$
3 Masilotti, Bryan	SR	Vhs Swimming and Diving	25.09	24.53\$
4 Utts, Alex	JR	Mainland Regional High School	24.92	25.04\$
5 Gibson, Steve	SR	St. Augustine Prep	24.25	25.29
6 Burke, Todd	SR	Mainland Regional High School	25.66	25.58
7 McHugh, Dillon	SR	St. Augustine Prep	25.97	25.59
8 Varvaro, Adam	SR	Egg Harbor Township High Schoo	25.35	25.60
9 Ortiz, Elliot	JR	Vhs Swimming and Diving	26.41	25.71
10 Friedel, Mitch	SR	Oakcrest	25.02	25.76
11 Cain, Ben	SR	Holy Spirit	25.56	25.88

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Name	Yr	School	Seed Time	Finals Time
12 Kozub, Vladimir	FR	Buena Regional High School	26.56	26.02
13 McMenamin, Mike	SR	St. Augustine Prep	25.27	26.12
14 Berges, Louis	SR	Mainland Regional High School	25.94	26.16
15 Capone, Matt	SR	Oakcrest	26.14	26.41
16 Rinck, Matt		ocean city high school	26.55	26.43
17 Reid, Rich	SR	Holy Spirit	26.32	26.50
18 Showell, Alex	JR	Oakcrest	26.64	26.79
--- Walz, Daniel	JR	Egg Harbor Township High School	25.55	SCR

Event 9 Girls 100 SC Meter Butterfly

Meet Record: **1:04.05 ! 2008 Jill Samaniotto**

State Qualif: **1:08.23 \$**

Meet Qualifying: **1:17.00**

Name	Yr	School	Seed Time	Finals Time
1 Walz, Alaura 32.03 35.74	SO	Oakcrest	1:09.94	1:07.77 \$
2 McCarthy, Kelly 32.26 36.16		ocean city high school	1:07.60	1:08.42
3 Zipf, Amanda 32.34 36.52	SR	Egg Harbor Township High School	1:08.10	1:08.86
4 Humphries, Allison 32.39 36.48	JR	Vhs Swimming and Diving	1:09.02	1:08.87
5 Middleton, Courtney 32.64 36.53	FR	Vhs Swimming and Diving	1:08.77	1:09.17
6 Bonifield, AJ 32.63 38.14	SO	Vhs Swimming and Diving	1:14.66	1:10.77
7 Boswell, Sydney 31.69 39.15	FR	Mainland Regional High School	1:09.29	1:10.84
8 Wolf, Kristina 34.44 39.65	SR	Holy Spirit	1:12.55	1:14.09
9 Hu, Sally 34.70 39.66	SO	Oakcrest	1:15.15	1:14.36
10 Richman, Brittany 34.86 39.78	JR	Egg Harbor Township High School	1:13.34	1:14.64
11 Barber, Randi 35.79 39.08	FR	Oakcrest	1:15.14	1:14.87
12 Zalesny, Aubrey 34.84 40.59	SR	Wildwood Catholic High School	1:16.48	1:15.43
13 Beloff, Kate 36.94 39.44	JR	Egg Harbor Township High School	1:16.52	1:16.38
13 Bischoff, Tory 35.39 40.99	JR	Wildwood Catholic High School	1:16.54	1:16.38
15 Miswicz, Lexi 35.25 41.45	JR	Sacred Heart High School-NJ	1:08.61	1:16.70
16 Mallett, Kathleen 35.04 43.00	JR	Middle 2009-2010-NJ	1:16.53	1:18.04
17 DeLusant, Noelle 33.54 52.86	SO	Oakcrest	1:11.86	1:26.40

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Event 10 Boys 100 SC Meter Butterfly

Meet Record: 57.04 ! 2007 Trubachi Downey
State Qualif: 1:01.50 \$

Meet Qualifying: 1:10.00

Name	Yr	School	Seed Time	Finals Time
1 McCaffrey, Sean 27.61 31.84	SR	St. Augustine Prep	59.47	59.45 \$
2 Morris, Chris 27.83 32.57	JR	Millville High School	1:01.11	1:00.40 \$
3 Palermo, Nick 29.77 33.68	JR	Absegami Swimming & Diving	1:04.28	1:03.45
4 Bowman, Edward 29.73 33.76	SR	St. Augustine Prep	1:02.73	1:03.49
5 Lovitz, Matt 30.82 34.08	SR	Mainland Regional High School	1:04.95	1:04.90
6 Alvarez, Hector 29.89 35.07	SR	atlantic city high school	1:04.22	1:04.96
7 Koros, Jason 30.23 35.19	SR	Oakcrest	1:06.40	1:05.42
8 Capone, Matt 30.25 35.47	SR	Oakcrest	1:03.84	1:05.72
9 Brooks, Calvin 31.43 35.93	SR	Holy Spirit	1:05.63	1:07.36
10 Parker, Dan 31.83 36.50	SR	Holy Spirit	1:07.07	1:08.33
11 Troung, Brien 32.54 36.34	SO	atlantic city high school	1:07.17	1:08.88
12 Bergen, Jack 31.57 37.67	JR	Mainland Regional High School	1:09.25	1:09.24
13 Zipf, Eddie 32.87 36.48	SO	Egg Harbor Township High Schoo	1:07.30	1:09.35
14 Hewitt, Cole 32.51 37.25	SR	St. Augustine Prep	1:09.75	1:09.76
15 Ranalli, Stephen 31.64 38.15	SO	Cape May Technical High School-	1:09.15	1:09.79
16 Buzby, Steven 32.83 37.01	FR	Mainland Regional High School	1:08.80	1:09.84
--- Cervini, Troy	JR	Vhs Swimming and Diving	1:08.34	DQ
--- Tubb, Shane	SR	St. Augustine Prep	1:00.44	SCR
--- Miller, Logan	SR	Egg Harbor Township High Schoo	1:07.23	SCR

Event 11 Girls 100 SC Meter Freestyle

Meet Record: 58.29 ! 2006 Sarah Czar
State Qualif: 1:01.73 \$

Meet Qualifying: 1:07.50

Name	Yr	School	Seed Time	Finals Time
1 Wuko, Tara 29.40 31.59	SR	Wildwood Catholic High School	1:01.40	1:00.99 \$
2 Curry, Erin 29.87 31.49	JR	Mainland Regional High School	1:01.51	1:01.36 \$
3 Toy, Melissa 29.86 31.58	FR	atlantic city high school	1:01.99	1:01.44 \$
4 Cox, Ayana 30.25 32.33	FR	atlantic city high school	1:04.00	1:02.58

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Name	Yr	School	Seed Time	Finals Time
5 Thomas, Kelsey 29.66 33.00	SR	Holy Spirit	1:01.98	1:02.66
6 Bassford, Julie 30.37 33.13	SR	Holy Spirit	1:02.78	1:03.50
7 Obrien, Rachael 30.79 33.40	JR	atlantic city high school	1:03.37	1:04.19
7 Leonelli, Sara 30.74 33.45	SR	Vhs Swimming and Diving	1:04.99	1:04.19
9 Novatorskaya, Anastasiya 31.95 33.45	JR	Vhs Swimming and Diving	1:05.54	1:05.40
10 Woodward, Lauren 31.85 33.72	FR	Egg Harbor Township High Schoo	1:06.09	1:05.57
11 Smith, Janay 31.11 34.59	FR	Buena Regional High School	1:07.30	1:05.70
12 Williams, Andrea 30.53 35.37	SR	Holy Spirit	1:02.38	1:05.90
13 Wray, Carley 31.88 34.60		ocean city high school	1:07.42	1:06.48
14 Madison, Gabrielle 31.81 34.87	JR	Vhs Swimming and Diving	1:07.02	1:06.68
15 Ingersoll, Marianne 31.68 35.05	FR	Egg Harbor Township High Schoo	1:05.78	1:06.73
16 Hare, Kaitlin 31.48 35.43	JR	Oakcrest	1:06.16	1:06.91
17 Kneisel, Kelsea 31.65 35.38	JR	Mainland Regional High School	1:07.29	1:07.03
18 Kostrub, Kasey 32.37 35.33	JR	atlantic city high school	1:07.02	1:07.70
19 Winte, Maria 32.38 35.58		ocean city high school	1:06.84	1:07.96
20 Styer, Lee 32.08 36.09		ocean city high school	1:07.37	1:08.17
--- Lyons, Lisa	JR	Our Lady of Mercy Acadmey	1:07.50	NS

Event 12 Boys 100 SC Meter Freestyle

Meet Record: 53.61 ! 2007 Dan Flynn

State Qualif: 55.01 \$

Meet Qualifying: 59.00

Name	Yr	School	Seed Time	Finals Time
1 Gallagher, Paul 26.06 27.13	SR	St. Augustine Prep	53.25	53.19!
2 Masilotti, Bryan 25.93 28.47	SR	Vhs Swimming and Diving	55.88	54.40\$
3 Flynn, Jeffrey 26.05 28.46	SR	St. Augustine Prep	54.33	54.51\$
4 Capriotti, Jerry 26.24 28.47	SR	Vhs Swimming and Diving	56.27	54.71\$
5 Pedersen, Brett 26.83 28.07	SR	St. Augustine Prep	53.26	54.90\$
6 Stewart, Nick 26.68 28.28	JR	Holy Spirit	55.57	54.96\$
7 Demarest, Mike 26.51 29.44	SR	Absegami Swimming & Diving	55.72	55.95

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(Event 12 Boys 100 SC Meter Freestyle)

Name	Yr	School	Seed Time	Finals Time
8 Burke, Todd 26.90 29.50	SR	Mainland Regional High School	55.97	56.40
9 Mele, Rob 27.41 29.73	SR	St. Augustine Prep	54.11	57.14
10 Gibson, Steve 27.89 29.48	SR	St. Augustine Prep	54.07	57.37
11 Varvaro, Adam 27.20 30.25	SR	Egg Harbor Township High School	56.78	57.45
12 McMenamin, Mike 27.50 30.28	SR	St. Augustine Prep	58.56	57.78
13 Cain, Ben 27.15 30.68	SR	Holy Spirit	58.12	57.83
14 Friedel, Mitch 28.03 30.06	SR	Oakcrest	56.78	58.09
15 Reid, Rich 28.23 30.09	SR	Holy Spirit	58.30	58.32
16 Utts, Alex 27.89 30.80	JR	Mainland Regional High School	58.67	58.69
17 Beck, Troy 28.51 31.88	JR	Holy Spirit	58.89	1:00.39
--- Walz, Daniel	JR	Egg Harbor Township High School	56.09	SCR

Event 13 Girls 400 SC Meter Freestyle

Meet Record: 4:24.53 ! 2008 Joanna Thomas

State Qualif: 4:43.10 \$

Meet Qualifying: 5:20.00

Name	Yr	School	Seed Time	Finals Time
1 Morrison, Laura 31.58 34.30 34.70 34.83 35.05 35.15 34.84 34.23	JR	Holy Spirit	4:40.07	4:34.68\$
2 Gondolf, Molly 31.83 34.22 35.26 35.26 35.78 35.75 36.10 35.84	SR	Oakcrest	4:36.16	4:40.04\$
3 Adams, Katie 31.83 34.54 35.74 36.07 36.11 36.13 36.30 35.00	SO	Mainland Regional High School	4:37.13	4:41.72\$
4 Ruberti, Annemarie 31.58 35.13 35.94 36.73 35.46 36.70 36.05 34.57	SO	Vhs Swimming and Diving	4:43.29	4:42.16\$
5 Voso, Keanna 32.24 35.20 36.13 36.60 36.66 36.86 37.27 36.68	SR	atlantic city high school	4:44.95	4:47.64
6 Voso, Dominique 32.90 36.47 37.21 37.17 36.65 36.91 36.95 35.00	FR	atlantic city high school	4:47.38	4:49.26
7 Abbamondi, Leah 32.90 35.83 36.80 37.01 37.16 37.00 37.18 35.41	JR	atlantic city high school	4:45.18	4:49.29
8 Boswell, Susan 33.13 35.55 35.94 36.79 36.85 37.58 37.48 36.37	SO	Wildwood Catholic High School	4:54.67	4:49.69
9 Simone, Rachel 33.41 36.76 37.81 38.41 38.34 38.29 38.27 37.47	SO	Vhs Swimming and Diving	4:59.75	4:58.76
10 Desmond, Bethany 33.57 36.68 38.05 38.17 38.34 39.14 38.49 36.79	SO	Holy Spirit	4:57.56	4:59.23
11 Woods, Kaela 33.78 37.43 38.61 38.97 38.46 37.92 38.24 36.33	SO	Egg Harbor Township High School	4:55.50	4:59.74
12 Merrill, Casey 33.78 37.80 38.75 39.31 39.39 39.80 39.90 38.96		ocean city high school	5:03.79	5:07.69
13 Roze, Ashlyn 34.85 38.32 39.38 39.94 40.25 40.13 40.63 39.98		ocean city high school	4:58.42	5:13.48

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(Event 13 Girls 400 SC Meter Freestyle)

Name	Yr	School	Seed Time	Finals Time
14 Bergen, Emily	FR	Mainland Regional High School	NT	5:18.01
34.51 38.25 40.36	41.07	41.24 42.19 41.27	39.12	
15 Leonelli, Katie	SR	Vhs Swimming and Diving	5:13.04	5:20.02
34.75 39.43 41.15	40.80	41.05 42.08 40.74	40.02	
--- Morrison, Celia	FR	Holy Spirit	5:13.37	SCR
--- Tighe, Colleen	SR	Mainland Regional High School	4:45.32	SCR

Event 14 Boys 400 SC Meter Freestyle

Meet Record: 4:03.37 ! 2008 Trubachi Downey

State Qualif: 4:23.66 \$

Meet Qualifying: 4:50.00

Name	Yr	School	Seed Time	Finals Time
1 Ballance, Bobby	SR	Egg Harbor Township High Schoo	4:13.96	4:13.73 \$
27.38 30.71 32.18	32.93	32.96 33.21 32.73	31.63	
2 Pino, Frank	SR	St. Augustine Prep	4:19.22	4:16.69 \$
28.50 31.56 33.16	33.32	33.10 32.74 32.55	31.76	
3 Ruberti, Michael	FR	Vhs Swimming and Diving	4:29.98	4:25.31
28.94 32.96 34.41	34.93	34.64 33.92 32.78	32.73	
4 Rau, Tyler	SR	atlantic city high school	4:36.00	4:29.07
28.67 31.14 33.26	34.14	35.25 35.78 35.48	35.35	
5 Kaminski, Aaron	SR	St. Augustine Prep	4:41.26	4:37.65
30.61 34.19 35.45	35.72	35.96 36.01 34.97	34.74	
6 Everson, Kyle		ocean city high school	4:35.59	4:39.03
30.85 34.50 35.51	35.79	36.05 36.27 36.42	33.64	
7 Advena, Kieran	JR	Holy Spirit	4:39.37	4:40.47
29.73 33.73 35.55	36.05	36.47 36.75 36.75	35.44	
8 Sulzer, Kyle	JR	Mainland Regional High School	4:45.28	4:41.61
31.45 34.96 35.86	36.19	36.85 36.49 36.37	33.44	
9 Sedberry, Nick		ocean city high school	4:40.78	4:41.99
31.08 34.62 35.61	35.89	36.39 36.87 36.24	35.29	
10 Larson, Ian	SR	St. Augustine Prep	4:49.16	4:42.90
31.47 34.27 35.22	36.13	36.51 37.30 36.99	35.01	
11 Nickels, Michael	SR	St. Augustine Prep	4:49.87	4:48.86
31.28 34.56 35.50	36.51	37.27 38.17 38.45	37.12	
12 Filemban, Junior	SO	Mainland Regional High School	4:49.74	4:50.11
32.14 35.45 36.76	37.17	37.54 37.41 37.60	36.04	
13 Egrie, Tyler	SO	atlantic city high school	4:50.00	4:51.04
32.15 35.38 36.72	37.24	37.62 37.86 37.85	36.22	
14 Goldberg, Mike	JR	atlantic city high school	4:49.50	4:52.02
31.48 34.64 36.65	37.82	37.92 38.53 38.55	36.43	
--- Sutherland, Andrew	SR	Holy Spirit	4:49.25	SCR

Event 15 Girls 200 SC Meter Freestyle Relay

Meet Record: 1:49.82 ! 2005 Vineland

State Qualif: 1:56.99 \$

Team	Relay	Seed Time	Finals Time
1 Vhs Swimming and Diving	A	1:53.64	1:52.96 \$
28.72 28.95 28.05 27.24			
2 Wildwood Catholic High Sch	A	1:55.05	1:53.67 \$
28.13 29.28 28.92 27.34			
3 Holy Spirit	A	1:55.02	1:55.37 \$
29.02 29.41 28.18 28.76			

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(Event 15 Girls 200 SC Meter Freestyle Relay)

Team	Relay	Seed Time	Finals Time
4 Egg Harbor Township High S 29.66 28.80 29.44 29.19	A	1:56.22	1:57.09
5 Oakcrest 29.32 30.16 30.01 28.98	A	1:59.10	1:58.47
6 atlantic city high school 29.57 30.09 29.76 29.33	A	1:54.38	1:58.75
7 Mainland Regional High Schc 30.56 30.63 31.34 30.36	A	1:58.91	2:02.89
8 ocean city high school 30.59 30.76 31.33 30.58	A	2:02.14	2:03.26
9 Our Lady of Mercy Acadmey 33.06 31.60 30.72 31.37	A	2:14.00	2:06.75
10 Middle 2009-2010-NJ 32.71 31.47 31.61 31.21	A	2:07.90	2:07.00
11 Absegami Swimming & Divir 32.25 34.22 31.49 32.41	A	2:09.63	2:10.37
12 Millville High School 33.96 34.54 33.49 30.60	A	2:19.50	2:12.59

Event 16 Boys 200 SC Meter Freestyle Relay

Meet Record: 1:38.51 ! 2008 St. Augustine

State Qualif: 1:44.40 \$

Team	Relay	Seed Time	Finals Time
1 St. Agustine Prep 24.98 24.38 23.83 24.37	A	1:37.23	1:37.56!
2 Vhs Swimming and Diving 24.97 24.48 25.65 23.94	A	1:40.75	1:39.04\$
3 Holy Spirit 25.30 25.38 25.65 25.00	A	1:42.76	1:41.33\$
4 Oakcrest 26.25 26.78 25.98 25.33	A	1:44.20	1:44.34\$
5 Egg Harbor Township High S 26.05 27.93 26.19 25.11	A	1:43.90	1:45.28
6 atlantic city high school 26.95 27.63 26.73 25.92	A	1:46.77	1:47.23
7 Mainland Regional High Schc 27.17 27.70 27.38 25.27	A	1:45.21	1:47.52
8 ocean city high school 27.51 27.48 28.79 26.13	A	1:54.60	1:49.91
9 Cape May Technical High Scl 27.78 27.69 27.11 27.40	A	1:50.60	1:49.98
10 Absegami Swimming & Divir 26.58 28.31 27.52 27.68	A	1:51.50	1:50.09
11 Hammonton High School-NJ 27.79 29.27 29.91 27.78	A	2:05.98	1:54.75
12 Sacred Heart High School-NJ 27.53 30.05 29.04 29.21	A	2:01.30	1:55.83
13 Millville High School 28.72 30.66 30.81 26.07	A	2:07.80	1:56.26
14 Middle 2009-2010-NJ 31.82 29.73 29.31 27.40	A	1:58.86	1:58.26
--- Wildwood Catholic High Sch	A	2:00.55	SCR

Cape Atlantic League Championships - 2/4/2010**Results****Event 17 Girls 100 SC Meter Backstroke**Meet Record: **1:05.26** ! 2002 **Moira McClusky**State Qualif: **1:08.17** \$Meet Qualifying: **1:17.00**

Name	Yr	School	Seed Time	Finals Time
1 Wuko, Rachel 33.17 34.16	SO	Wildwood Catholic High School	1:07.84	1:07.33 \$
2 Boswell, Sydney 33.55 34.89	FR	Mainland Regional High School	1:10.29	1:08.44
3 Day, Lauren 33.53 35.64	JR	Oakcrest	1:07.51	1:09.17
4 Woodward, Lauren 35.27 37.01	FR	Egg Harbor Township High Schoo	1:10.22	1:12.28
5 Desmond, Bethany 35.66 37.57	SO	Holy Spirit	1:10.81	1:13.23
6 Pendergast, Brooke 37.02 38.52	SO	Mainland Regional High School	1:15.43	1:15.54
7 Hare, Kaitlin 36.51 39.48	JR	Oakcrest	1:14.74	1:15.99
8 McCabe, Amanda 36.77 39.54	SO	atlantic city high school	1:15.46	1:16.31
9 Richman, Brittany 36.61 39.71	JR	Egg Harbor Township High Schoo	1:13.52	1:16.32
10 Humphries, Allison 36.96 39.53	JR	Vhs Swimming and Diving	1:13.25	1:16.49
11 Winte, Maria 37.03 39.57		ocean city high school	1:15.09	1:16.60
12 Alavarez, Elva 37.89 39.37	FR	atlantic city high school	1:17.00	1:17.26
13 Juzwiak, Ashley 37.29 40.16	FR	Oakcrest	1:15.87	1:17.45
14 Lederer, Grace 39.13 44.35	FR	Wildwood Catholic High School	1:16.90	1:23.48
--- Gross, Madison	FR	Egg Harbor Township High Schoo	1:16.04	SCR

Event 18 Boys 100 SC Meter BackstrokeMeet Record: **58.99** ! 2008 **Dan Flynn**State Qualif: **1:02.94** \$Meet Qualifying: **1:10.00**

Name	Yr	School	Seed Time	Finals Time
1 Melchiorre, Steve 29.97 31.27	SR	St. Augustine Prep	1:01.17	1:01.24 \$
2 Morris, Chris 30.59 31.27	JR	Millville High School	1:01.63	1:01.86 \$
3 Flynn, Jeffrey 30.77 31.62	SR	St. Augustine Prep	1:02.65	1:02.39 \$
4 McHugh, Dillon 30.55 32.45	SR	St. Augustine Prep	1:02.89	1:03.00
5 Flynn, Patrick 31.69 33.65	FR	St. Augustine Prep	1:02.77	1:05.34
6 McCaffrey, Sean 31.38 34.43	SR	St. Augustine Prep	1:04.59	1:05.81
7 Berges, Louis 31.62 34.36	SR	Mainland Regional High School	1:06.00	1:05.98

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(Event 18 Boys 100 SC Meter Backstroke)

Name	Yr	School	Seed Time	Finals Time
8 Demarest, Mike 32.22 33.92	SR	Absegami Swimming & Diving	1:05.51	1:06.14
9 Brennan, John 31.84 35.06	SO	Mainland Regional High School	1:06.81	1:06.90
10 Koros, Jason 33.37 33.59	SR	Oakcrest	1:07.60	1:06.96
11 Beck, Troy 32.92 34.14	JR	Holy Spirit	1:07.85	1:07.06
12 Kosten, Ian 32.93 34.40	SR	Holy Spirit	1:03.73	1:07.33
13 Merrill, Tyler 32.72 34.99		ocean city high school	1:08.48	1:07.71
14 Kozub, Vladimir 32.34 36.21	FR	Buena Regional High School	1:07.97	1:08.55
15 Newnam, Sam 33.64 35.78		St. Augustine Prep	1:07.83	1:09.42
16 Alvarez, Hector 33.03 36.79	SR	atlantic city high school	1:08.46	1:09.82
17 Abbot, Bernard 33.43 36.75	SR	St. Augustine Prep	1:07.92	1:10.18
18 Rogowski, Joseph 34.36 36.78	SR	Cape May Technical High School-	1:09.80	1:11.14
19 Terrell, Cooper 34.91 36.54	FR	Mainland Regional High School	1:09.81	1:11.45
20 Zipf, Eddie 36.83 37.11	SO	Egg Harbor Township High Schoo	1:09.35	1:13.94

Event 19 Girls 100 SC Meter Breaststroke

Meet Record: 1:13.68 ! 2002 Megan Carlin

State Qualif: 1:17.24 \$

Meet Qualifying: 1:27.00

Name	Yr	School	Seed Time	Finals Time
1 Callahan, Colleen 34.74 39.18	FR	atlantic city high school	1:12.97	1:13.92\$
2 Christian, Rosemary 36.77 39.79	SR	atlantic city high school	1:16.68	1:16.56\$
3 Howarth, Shannon 36.84 40.38	SO	Egg Harbor Township High Schoo	1:15.41	1:17.22\$
4 Wuko, Tara 36.92 40.53	SR	Wildwood Catholic High School	1:17.95	1:17.45
5 Thomas, Kelsey 36.42 41.49	SR	Holy Spirit	1:16.33	1:17.91
6 Wilezol, Melanie 36.93 41.45		ocean city high school	1:16.55	1:18.38
7 Bernhardt, Rachel 36.59 41.80	FR	Vhs Swimming and Diving	1:16.71	1:18.39
8 Rivera, Corryn 37.06 44.07	FR	Vhs Swimming and Diving	1:22.79	1:21.13
9 Zalesny, Aubrey 39.11 43.35	SR	Wildwood Catholic High School	1:22.41	1:22.46
10 Mittelman, Jane 38.73 43.92	SR	Mainland Regional High School	1:21.57	1:22.65

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(Event 19 Girls 100 SC Meter Breaststroke)

Name	Yr	School	Seed Time	Finals Time
11 Deng, Ying 39.97 44.01	SR	Absegami Swimming & Diving	1:24.62	1:23.98
12 Kneisel, Kelsea 40.06 44.11	JR	Mainland Regional High School	1:24.14	1:24.17
13 Fralinger, Lisa 39.48 45.19	SR	Our Lady of Mercy Acadmey	1:24.86	1:24.67
14 Sickler, Casey 39.92 45.23	JR	Mainland Regional High School	1:25.95	1:25.15
15 Brady, Chrissy 40.25 44.94		ocean city high school	1:23.91	1:25.19
16 Madison, Gabrielle 39.07 46.84	JR	Vhs Swimming and Diving	1:25.13	1:25.91
17 Becker, Grace 40.76 46.09		ocean city high school	1:25.69	1:26.85
--- Eisenhauer, Caroline		ocean city high school	1:23.69	SCR
--- Borrone, Kristen	SO	Holy Spirit	1:19.21	SCR

Event 20 Boys 100 SC Meter Breaststroke

Meet Record: 1:05.79 ! 2008 Brendan McHugh

State Qualif: 1:09.91 \$

Meet Qualifying: 1:18.00

Name	Yr	School	Seed Time	Finals Time
1 Cox, Anthony 32.34 36.26	SO	atlantic city high school	1:08.90	1:08.60\$
2 Wiesel, Phil 32.18 37.41	SR	Mainland Regional High School	1:09.57	1:09.59\$
3 Pedersen, Brett 34.13 37.54	SR	St. Augustine Prep	1:11.68	1:11.67
4 McClintock, Chris 33.80 38.45	FR	Mainland Regional High School	1:14.55	1:12.25
5 Schieder, George 34.61 38.00	FR	Oakcrest	1:12.75	1:12.61
6 Kaminski, Aaron 34.91 40.20	SR	St. Augustine Prep	1:12.75	1:15.11
6 Smart, Michael 34.85 40.26	JR	Vhs Swimming and Diving	1:16.14	1:15.11
8 Choyce, Daniel 35.43 40.06	SR	St. Augustine Prep	1:12.93	1:15.49
9 Nickels, Kevin 35.82 41.02	SR	St. Augustine Prep	1:14.31	1:16.84
10 Dooner, Bill 35.32 41.71		ocean city high school	1:15.48	1:17.03
11 Urban, Mike 36.05 41.82	SR	atlantic city high school	1:17.46	1:17.87
12 Larotonda, Nick 36.43 42.04	JR	Holy Spirit	1:17.47	1:18.47
13 Dickson, Matt 37.15 41.91	JR	Absegami Swimming & Diving	1:17.53	1:19.06
--- Rau, Carson	FR	atlantic city high school	1:16.56	DQ

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Event 21 Girls 400 SC Meter Freestyle RelayMeet Record: **4:01.89 ! 2006** VinelandState Qualif: **4:14.86 \$**

Team	Relay	Seed Time	Finals Time
1 atlantic city high school	A	4:17.00	4:09.76\$
30.11 1:02.57 29.79 1:02.31	30.25 1:03.69 29.21 1:01.19		
2 Mainland Regional High Schc	A	4:12.38	4:11.08\$
30.87 1:04.64 29.29 1:01.76	30.53 1:03.84 28.95 1:00.84		
3 Holy Spirit	A	4:13.39	4:14.15\$
30.69 1:05.93 30.26 1:03.95	29.63 1:03.05 29.31 1:01.22		
4 Vhs Swimming and Diving	A	4:16.02	4:14.55\$
30.20 1:03.58 30.13 1:03.10	31.16 1:05.24 29.77 1:02.63		
5 Oakcrest	A	4:20.87	4:15.86
30.10 1:03.24 31.32 1:06.97	30.73 1:04.40 28.82 1:01.25		
6 Egg Harbor Township High S	A	4:21.08	4:19.54
30.46 1:04.59 30.88 1:04.73	31.56 1:06.15 29.87 1:04.07		
7 ocean city high school	A	4:20.56	4:22.83
30.80 1:03.81 31.99 1:07.03	31.18 1:07.06 30.59 1:04.93		
8 Wildwood Catholic High Sch	A	4:30.30	4:35.48
33.36 1:09.61 31.79 1:08.11	31.83 1:09.14 33.16 1:08.62		
9 Our Lady of Mercy Acadmey	A	5:07.31	4:41.10
33.43 1:10.01 33.67 1:10.80	32.40 1:08.55 33.30 1:11.74		
10 Middle 2009-2010-NJ	A	4:44.63	4:49.70
33.47 1:12.78 33.69 1:12.84	33.49 1:13.20 33.52 1:10.88		
11 Sacred Heart High School-NJ	A	5:07.50	4:51.28
32.71 1:10.28 33.37 1:10.87	35.42 1:15.92 36.31 1:14.21		
12 Absegami Swimming & Divir	A	5:03.16	4:52.26
34.36 1:12.32 34.12 1:14.95	35.27 1:15.42 32.37 1:09.57		
13 Millville High School	A	5:09.88	5:04.03
35.77 1:17.87 35.85 1:18.22	35.08 1:18.60 32.30 1:09.34		

Event 22 Boys 400 SC Meter Freestyle RelayMeet Record: **3:39.79 ! 2006** St. AugustineState Qualif: **3:49.94 \$**

Team	Relay	Seed Time	Finals Time
1 St. Augustine Prep	A	3:36.56	3:37.41!
26.52 55.07 25.57 54.28	25.67 54.46 25.52 53.60		
2 Vhs Swimming and Diving	A	3:45.65	3:39.44!
26.64 56.05 25.14 53.57	26.22 55.87 25.22 53.95		
3 Holy Spirit	A	3:51.57	3:47.02\$
27.29 57.93 27.38 57.89	26.63 56.85 26.29 54.35		
4 Mainland Regional High Schc	A	3:55.10	3:50.38
26.86 56.32 27.13 57.63	27.23 58.36 27.02 58.07		
5 Oakcrest	A	3:55.60	3:51.80
27.83 58.80 27.53 58.22	26.81 58.37 56.41		
6 atlantic city high school	A	3:56.50	3:54.37
27.84 57.88 28.60 1:01.93	27.84 59.04 26.14 55.52		
7 Egg Harbor Township High S	A	3:49.21	3:58.38
30.04 1:02.63 27.93 1:01.34	27.13 58.83 25.49 55.58		
8 Absegami Swimming & Divir	A	4:15.10	4:13.48
28.73 59.25 29.87 1:04.22	29.90 1:05.22 16.27 1:04.79		
9 Cape May Technical High Scl	A	4:23.00	4:13.67
30.02 1:04.48 30.57 1:04.73	29.33 1:02.54 29.35 1:01.92		

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	Team	Relay						Seed Time	Finals Time
10	Millville High School	A						4:36.10	4:17.79
	28.55 1:00.96 32.60 1:08.37	15.92	1:12.19	26.57	56.27				
11	Hammonton High School-NJ	A						5:26.71	4:21.19
	31.80 1:05.06 32.88 1:10.29	28.93	1:02.74	28.95	1:03.10				
12	Sacred Heart High School-NJ	A						4:37.90	4:23.78
	29.72 1:02.93 32.29 1:08.49	31.49	1:07.09	30.69	1:05.27				
13	Middle 2009-2010-NJ	A						4:26.25	4:35.15
	32.54 1:12.58 30.28 1:06.88	32.11	1:10.41	31.33	1:05.28				